

Banana Oatmeal Pancakes



Ingredients

- Old-Fashioned Rolled Oats - you can also use homemade oat flour. If so, you don't need a blender as you can mash bananas with a fork and stir everything together in a mixing bowl. 1 cup warm 2% milk (110° to 115°)
- Unsweetened Almond Milk or oat milk or any milk you love
- Melted Coconut Oil or light olive oil, or canola oil.
- 1/2 teaspoon REYNA VANILLA GOURMET
- Maple Syrup or any sweetener you like including agave syrup, coconut nectar, date syrup, or even a granulated sweetener, will work well here, like coconut sugar or sugar.
- Ripe Bananas or yellow bananas both options provide fantastic results, but

the riper the bananas, the sweeter the pancakes will be.

- Baking Powder
 - Cinnamon
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MAKE THE OATMEAL BANANA PANCAKE BATTER

Blend for 30 seconds on high speed until it forms a smooth batter.

Stop the blender and transfer the batter to the mixing bowl or keep it in the jug.

I like transferring the batter to a mixing bowl, or it gets difficult to get the batter at the bottom of the jug at the end.

This healthy banana oatmeal pancake batter thickens with time as the oat fiber sucks up the liquid.

Therefore, it gets hard to scrape the batter next to the blade without touching it, which can also damage it.

COOKING THE PANCAKES

Heat a pancake griddle over medium heat. Use a piece of absorbent paper with olive oil or coconut oil to grease the skillet.

Grease the skillet, but don't let too much oil on it to avoid frying the banana oatmeal pancakes.

Scoop 1/4 cup of batter on the griddle per pancake and cook for 2 to 3 minutes on one side.

When the edges of the blender banana pancakes get dry, slide a flat spatula under them and flip them on their other side.

Keep cooking on the other side for 1 to 2 minutes.

Cool down the cooked pancakes on a wire rack while you cook the remaining batter.